

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Potassium, K (mg)

Food Groups: Legumes and Legume Products
Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: November 29, 2015 04:36 EST

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	3626
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	3342
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	3315
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	3074
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	3069
16119	Soy meal, defatted, raw	122.0	1.0 cup	3038
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	2877
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	2854
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	2834
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	2760
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	2742
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	2688
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	2597
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	2594
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	2587
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	2579
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	2538
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	2528
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	2528
16117	Soy flour, defatted	105.0	1.0 cup	2503
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	2501
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	2477
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	2470
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	2465
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	2421
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	2334
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	2296
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	2113

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	2042
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	2035
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	1932
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	1857
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	1839
16076	Lupins, mature seeds, raw	180.0	1.0 cup	1823
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	1778
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	1735
16106	Meat extender	88.0	1.0 cup	1674
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	1621
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	1593
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	1436
16069	Lentils, raw	192.0	1.0 cup	1300
16144	Lentils, pink or red, raw	192.0	1.0 cup	1283
16113	Natto	175.0	1.0 cup	1276
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	1269
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	1224
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	1224
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	1189
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	1141
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	1141
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	1138
16091	Peanuts, spanish, raw	146.0	1.0 cup	1086
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	1045
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	1045
16095	Peanuts, virginia, raw	146.0	1.0 cup	1007
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	1004
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	1004
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	979
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	955
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	955
16059	Chili with beans, canned	256.0	1.0 cup	934
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	932
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	932
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	926
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	920

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16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	920
16005	Beans, baked, home prepared	253.0	1.0 cup	906
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	886
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	886
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	881
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	881
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	859
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	859
16055	Carob flour	103.0	1.0 cup	852
16007	Beans, baked, canned, with beef	266.0	1.0 cup	851
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	832
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	829
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	829
16100	Peanut flour, low fat	60.0	1.0 cup	815
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	801
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	801
16172	Refried beans, canned, fat-free	231.0	1.0 cup	795
16009	Beans, baked, canned, with pork	253.0	1.0 cup	782
16157	Chickpea flour (besan)	92.0	1.0 cup	778
16099	Peanut flour, defatted	60.0	1.0 cup	774
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	759
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	759
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	759
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	755
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	749
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	746
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	746
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	742
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	742
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	739
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	739
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	737
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	731
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	731
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	730
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	730

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	726
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	722
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	717
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	713
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	713
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	713
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	710
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	710
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	708
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	708
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	692
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	692
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	685
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	685
16114	Tempeh	166.0	1.0 cup	684
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	676
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	669
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	669
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	666
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	666
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	662
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	662
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	655
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	655
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	654
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	654
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	284.0	1.0 entree	650
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	645
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	645
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	641
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	641
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	624
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	620
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	611
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	611
16008	Beans, baked, canned, with franks	259.0	1.0 cup	609

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	607
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	142.0	1.0 sauce	578
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	575
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	575
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	575
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	569
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	539
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	539
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	538
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	538
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	537
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	537
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	530
43134	Vegetarian fillets	85.0	1.0 fillet	510
16619	MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared	241.0	1.0 entree	492
16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	96.0	1.0 patty	492
16093	Peanuts, valencia, raw	146.0	1.0 cup	485
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	482
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	482
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	477
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	477
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	475
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	475
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	465
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	456
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	456
16422	Soy protein isolate, potassium type	28.35	1.0 oz	451
43299	Soybean, curd cheese	225.0	1.0 cup	448
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	427
16617	MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared	255.0	1.0 entree	426
16616	MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared	80.0	5.0 nuggets	422
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	416
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	416
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	413
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	407
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	407

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	395
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	395
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	390
16216	Vitasoy USA, Vitasoy Organic Classic Original Soymilk	243.0	1.0 cup	379
16610	MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	67.0	1.0 burger	371
16510	WORTHINGTON Chili, canned, unprepared	230.0	1.0 cup	370
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	71.0	1.0 Burger	354
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	352
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	350
16240	SILK Light Chocolate, soymilk	243.0	1.0 cup	350
16237	SILK Chocolate, soymilk	243.0	1.0 cup	350
16241	SILK Plus Omega-3 DHA, soymilk	243.0	1.0 cup	350
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	347
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	347
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	346
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	346
16223	Soymilk (All flavors), enhanced	243.0	1.0 cup	343
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	64.0	1.0 burger	340
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	86.0	4.0 nuggets	326
16618	MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared	67.0	1.0 burger	324
16249	SILK Coffee, soymilk	243.0	1.0 cup	321
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	319
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	243.0	1.0 cup	318
16243	SILK Plus Fiber, soymilk	243.0	1.0 cup	299
16247	SILK Chai, soymilk	243.0	1.0 cup	299
16244	SILK Unsweetened, soymilk	243.0	1.0 cup	299
16238	SILK Light Plain, soymilk	243.0	1.0 cup	299
16235	SILK Plain, soymilk	243.0	1.0 cup	299
16248	SILK Mocha, soymilk	243.0	1.0 cup	299
16245	SILK Very Vanilla, soymilk	243.0	1.0 cup	299
16242	SILK Plus for Bone Health, soymilk	243.0	1.0 cup	299
16239	SILK Light Vanilla, soymilk	243.0	1.0 cup	299
16236	SILK Vanilla, soymilk	243.0	1.0 cup	299
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	299
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	296
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	269.0	1.0 package	293

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16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	292
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	287
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	284
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	284
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	71.0	1.0 patty	278
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	277
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	114.0	1.0 burger	268
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	71.0	1.0 patty	264
16130	Okara	122.0	1.0 cup	260
43132	Meatballs, meatless	144.0	1.0 cup	259
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	67.0	1.0 burger	258
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	255
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	255
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	67.0	1.0 burger	254
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	254
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	67.0	1.0 burger	252
16104	Bacon, meatless	144.0	1.0 cup	245
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	241
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	238
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	238
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	238
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	233
16526	WORTHINGTON Meatless Chicken Roll, frozen, unprepared	55.0	1.0 slices , 3/8"	227
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	85.0	5.0 Wings	225
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	67.0	1.0 patty	214
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	67.0	1.0 patty	214
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	213
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	92.0	1.0 piece	208
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	85.0	5.0 Wings	207
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	38.0	1.0 pattie	202
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	38.0	1.0 Patty	202
16087	Peanuts, all types, raw	28.35	1.0 oz	200
16219	Vitasoy USA, Vitasoy Light Vanilla Soymilk	243.0	1.0 cup	199
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	105.0	1.0 biscuit	190
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	189
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	186

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16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	80.0	5.0 meatballs	182
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	180
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	179
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	179
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	178
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	67.0	1.0 Burger	175
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	163
16549	MORNINGSTAR FARMS Grillers Prime, frozen, unprepared	71.0	1.0 burger	159
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	71.0	1.0 patty	158
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 patty	156
16229	Soymilk (All flavors), lowfat, with added calcium, vitamins A and D	243.0	1.0 cup	156
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	64.0	1.0 burger	153
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	151
16246	SILK Nog, soymilk	122.0	0.5 cup	150
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	150
16507	LOMA LINDA Redi-Burger, canned, unprepared	85.0	1.0 slice , 5/8"	144
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	144
16514	WORTHINGTON Low Fat Fri Chik, canned, unprepared	85.0	2.0 pieces	144
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	67.0	1.0 burger	141
16513	WORTHINGTON FriChik Original, canned, unprepared	90.0	2.0 pieces	139
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	137
16534	WORTHINGTON Stakelets, frozen, unprepared	71.0	1.0 piece	136
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	129
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	128
16528	WORTHINGTON Dinner Roast, frozen, unprepared	85.0	1.0 slice , 3/4"	128
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	71.0	1.0 patty	126
16579	GARDENBURGER Original, frozen, unprepared	71.0	1.0 patty	126
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	71.0	1.0 patty	125
16615	MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared	56.0	0.5 cup	125
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsp	125
22122	MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared	38.0	1.0 patty	125
43476	Tofu yogurt	262.0	1.0 cup	123
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	120
16512	WORTHINGTON Diced Chik, canned, unprepared	55.0	0.25 cup	119
16527	WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared	55.0	2.0 slices , 3/8"	119
16529	WORTHINGTON FriPats, frozen, unprepared	64.0	1.0 patty	118

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	118
16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	64.0	1.0 burger	116
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	113
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	38.0	1.0 patty	113
16536	WORTHINGTON Wham (roll), frozen, unprepared	55.0	1.0 slice , 3/8"	107
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	101
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	99
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	92.0	2.0 slices	97
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	50.0	0.5 cup	94
16517	WORTHINGTON Prime Stakes, canned, unprepared	92.0	1.0 piece	93
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	55.0	0.667 cup	91
43128	Chicken, meatless	168.0	1.0 cup	91
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	55.0	2.0 slices (3/8" thick)	84
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	80
16532	WORTHINGTON Prosage Roll, frozen, unprepared	55.0	1.0 slice , 5/8"	76
16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	80.0	6.0 pieces	76
16560	MORNINGSTAR FARMS Corn Dog, frozen, unprepared	71.0	1.0 dog	75
16561	MORNINGSTAR FARMS Corn Dog Mini, frozen, unprepared	76.0	4.0 pieces	73
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	70
22126	LOMA LINDA Big Franks, canned, unprepared	51.0	1.0 link	59
16107	Sausage, meatless	25.0	1.0 link	58
16585	GARDENBURGER Sun-Dried Tomato Basil Burger, frozen, unprepared	71.0	1.0 patty	55
16508	LOMA LINDA Tender Bits, canned, unprepared	85.0	6.0 pieces	55
16533	WORTHINGTON Smoked Turkey Roll, frozen, unprepared	55.0	1.0 slice , 3/8"	54
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	53
16531	WORTHINGTON Prosage Links, frozen, unprepared	45.0	2.0 links	51
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	51.0	1.0 link	51
43135	Sandwich spread, meatless	15.0	1.0 tbsp	51
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	50
16546	MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared	45.0	2.0 links	49
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	48
16129	Tofu, fried	28.35	1.0 oz	41
16591	WORTHINGTON Leanies, frozen, unprepared	40.0	1.0 link	41
16506	LOMA LINDA Vege-Burger, canned, unprepared	55.0	0.25 cup	41
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	38
16519	WORTHINGTON Super Links, canned, unprepared	48.0	1.0 link	37

NDB_No	Description	Weight(g)	Measure	Potassium, K(mg) Per Measure
16112	Miso	17.0	1.0 tbsp	36
16511	WORTHINGTON Choplets, canned, unprepared	92.0	2.0 slices	35
16158	Hummus, commercial	15.0	1.0 tbsp	34
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	28
16518	WORTHINGTON Saucettes, canned, unprepared	38.0	1.0 link	26
16137	Hummus, home prepared	15.0	1.0 tablespoon	26
16500	LOMA LINDA Little Links, canned, unprepared	46.0	2.0 links	26
16523	WORTHINGTON Vegetarian Burger, canned, unprepared	55.0	0.25 cup	24
16522	WORTHINGTON Vegetable Steaks, canned, unprepared	72.0	2.0 slices	23
16122	Soy protein isolate	28.35	1.0 oz	23
16509	LOMA LINDA Linketts, canned, unprepared	35.0	1.0 link	22
16515	WORTHINGTON Low Fat Veja-Links, canned, unprepared	31.0	1.0 link	22
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	19
16524	WORTHINGTON Veja-Links, canned, unprepared	31.0	1.0 link	17
16542	MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared	16.0	2.0 strips	16
16535	WORTHINGTON Stripples, frozen, unprepared	16.0	2.0 strip	16
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	40.0	1.0 link	15
16521	WORTHINGTON Vegetable Skallops, canned, unprepared	85.0	0.5 cup	14
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	14
43212	Bacon bits, meatless	7.0	1.0 tbsp	10
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	8
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	8
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	6
43114	Vermicelli, made from soy	140.0	1.0 cup	4
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	3
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	3